

Article title: Are professional young rugby league players eating enough? Energy intake, expenditure and balance during a pre-season.

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Supplementary Table 1. Internal and external training loads accumulated across the fourteen-day pre-season assessment period.

Internal & External Training Loads	
sRPE (AU)	4834 ± 675
Total Distance (m)	32227 ± 1115
Meters per Minute (m/min)	64 ± 1
PlayerLoad™ (AU)	3554 ± 225

Supplementary Table 2. External home-based loads accumulated across the fourteen-day pre-season assessment period.

Home-Based Loads	
Average Physical Activity Level (PAL)	1.4 ± 0.1
Average Metabolic Equivalent (METS _{AVG})	1.5 ± 0.2
Number of Steps	115278 ± 22136